

BOROUGH OF



COLCHESTER.

ANNUAL REPORT

OF THE
MEDICAL OFFICER OF HEALTH

W. F. CORFIELD,

M.D., B.S., London ; M.R.C.S., England ; L.R.C.P., London ;
D.P.H., Cambridge.

MEDICAL OFFICER OF HEALTH ;
SCHOOL MEDICAL OFFICER ;
MEDICAL SUPERINTENDENT OF THE ISOLATION HOSPITAL
AND SANATORIUM ;
AND TUBERCULOSIS OFFICER.

1936.

Colchester

WILES AND SON LTD., TRINITY STREET.

BOROUGH OF



COLCHESTER.

BOROUGH & PORT HEALTH COMMITTEE,
1936-37.

THE WORSHIPFUL THE MAYOR

COUNCILLOR G. C. BENHAM, M.C.

Chairman :

ALDERMAN P. A. SANDERS, O.B.E., J.P., C.C.

Deputy-Chairman :

COUNCILLOR G. W. B. HAZELL, J.P.

Members :

COUNCILLOR W. S. S. BACON.

COUNCILLOR MRS. R. L. BENSUSAN-BUTT, M.D.

COUNCILLOR A. H. CROSS.

COUNCILLOR H. H. FISHER, J.P.

COUNCILLOR F. A. JACKLIN.

COUNCILLOR P. W. OLLE.

Maternity and Child Welfare Committee :

The Health Committee with the addition of

MRS. W. W. TOWNSEND and MISS K. E. SANDERS, J.P., R.R.C.

THE HEALTH DEPARTMENT, 1936.

Medical Officer of Health, etc..

W. F. CORFIELD, M.D., B.S. (Lond.), D.P.H. (Camb.).

Assistant Medical Officer of Health, etc.:

R. W. CUSHING, M.A., M.B., B.Ch. (Oxon).

Dental Surgeon:

F. J. GODFREY, L.D.S., R.C.S.

Sanitary Inspectors:

†*A. FISHER. †*O. R. WARNER †C. J. JACOBI. †*R. F. KNOWLES.

† Sanitary Inspector's Certificate.

* Meat Inspector's Certificate.

Health Nurses:

*††MISS E. R. SMITH.

*MISS L. PEARSON.

*††MISS M. PENNICK.

*††MISS M. E. RICKARD.

*††MISS A. H. WEBBER.

Masseuse:

MISS M. SCOTT, C.S.M.M.G., M.E., L.P.T.C.

Clerks:

R. D. SARGEANT. MISS M. KITTLE. MISS P. C. WALDRON. MISS M. NORMAN.
A. W. MILLBOURN. W. B. WYNCOLL. L. G. NICHOLLS. R. J. WYNCOLL.

Laboratory Assistant:

R. D. SARGEANT.

Disinfectors:

H. EDWARDS.

Matron, Isolation Hospital and Sanatorium:

*†MISS D. COPELIN.

(Fever and Tuberculosis Nursing Certificates.)

Matron, Maternity Home:

*†MRS. F. DENNIS.

* Certified Midwife.

† State Registered Nurse.

‡ Health Visitor's Certificate.

PART-TIME SPECIALISTS:

Surgeon, Isolation Hospital:

RONALD REID, F.R.C.S. (Eng.).

Orthopædic Surgeon:

B. WHITCHURCH HOWELL, F.R.C.S. (Eng.).

X-Ray Specialist:

J. ORD PENDER SMITH, M.B., Ch.B. (Edin.), D.M.R.E. (Camb.).

Medical Officer.—Ante-Natal Clinic:

GWYNEDD HUGH-JONES, M.B., B.S., (Lond.), M.M.S.A.

Obstetric Consultants:

W. S. O'LOUGHLIN, M.D., M.C.O.G. J. L. PERCEVAL, M.R.C.S., L.R.C.P.

Veterinary Surgeon:

C. T. MURPHY, M.R.C.V.S.

HEALTH OFFICES,
TRINITY STREET,

16th June, 1937.

MR. MAYOR, LADIES AND GENTLEMEN,

I have the honour of presenting to you my Annual Report upon the Health and Sanitary Circumstances of the Borough for the year 1936.

Statistics. Taken as a whole the vital statistics of the Borough are very satisfactory. The Birth Rate is only slightly lower, and the Death Rate shows that only one person in a hundred has died during the year. It is an interesting fact that nearly half the deaths that occurred were of persons over 70 years of age. The Cancer Death Rate has risen slightly but that for Tuberculosis has fallen to a new low record. Deaths from the more common Infectious Diseases were remarkably scarce, as is well shown in the Table on page 35.

Infectious Diseases. At no time did any disease occur in epidemic form, and the district continued to be very free from Scarlet Fever. Cases of this disease have been unusually few for some time in this part of the County.

Housing. The usual Table is given on pages 22 and 23. The demolition of unfit property continued, but the condemnation of such houses is beginning to slacken as the greater number has now been dealt with. Overcrowding is to receive increasing attention and soon it should be possible under the new legislation to prevent it altogether.

Maternity and Child Welfare. An increase in the number of women admitted to the Maternity Home is recorded, and the Home continues to prosper and to render good service to the community. Its reputation in the district is of the highest.

The Infantile Mortality Rate remains very low, and the Infant Welfare Clinics and Ante-natal Clinic continue to serve a most useful purpose.

Isolation Hospital. Further consideration has been given to the need for improved accommodation and a scheme for a new Scarlet Fever Pavilion upon modern lines is under consideration.

An increased number of cubicle wards is required owing to the various diseases now admitted to an Isolation Hospital. A good deal of difficulty has been experienced in obtaining Nurses and Maids at both the Isolation Hospital and Maternity Home.

In conclusion I wish to record my appreciation of the interest shown by the Chairman and Members of the Health Committee, and of the Maternity and Child Welfare Committee in the work of the Health Department, Isolation Hospital and Maternity Home.

The work in the Office and in the Institutions has been carried on in complete harmony, and I am grateful to the Staffs for their continued loyal assistance.

I am, Mr. Mayor, Ladies and Gentlemen,

Your obedient servant,

W. F. CORFIELD,

Medical Officer of Health, etc.

Report of the Medical Officer of Health for the year 1936.

*An "Ordinary Report" as defined in paragraph 2 of
Circular 1561 of the Ministry of Health.*

NATURAL AND SOCIAL CONDITIONS.

Area (acres)	12,020
Population (1936 R.G. estimate)	51,110
„ (Census, 1931)	48,701
Number of Inhabited Houses (1931)	10,520
„ „ „ (1936) according to Rate Books	14,216
Number of Families or Separate Occupiers (1931) ...	11,071
Rateable Value	£335,402
Sum represented by a Penny Rate	£1,240

Extracts from Vital Statistics of the Year.

Live Births	{ Legitimate	Male, 355	Female, 329	Total, 684
	{ Illegitimate	„ 14	„ 22	„ 36
Birth Rate	14.1
„ „	England and Wales		...	14.8
Still Births	Male, 13	Female, 14		Total, 27
Rate per 1,000 births	36.2
Deaths	„ Male, 255	Female, 297		Total, 552
Death Rate	per 1,000 of the population	...	crude	10.8
„ „ „ „			corrected	10.2
„	England and Wales	12.1
Percentage of total deaths occurring in Public Institutions				42.4
Number of Women dying in, or in consequence of, Child-birth—				
	From Sepsis, 1.	From Other Causes, 2.		
Death Rate of Infants under one year of age per 1,000 live births—				
	Legitimate, 36.5.	Illegitimate, 83.3.	Total, 39.0.	
Deaths from Cancer (all ages)	91
„ „ Measles (all ages)	1
„ „ Whooping Cough (all ages)	2
„ „ Diarrhoea (under 2 years)	nil
Pulmonary Tuberculosis Death Rate		0.37
Other Tubercular Disease Death Rate		0.06
Cancer Death Rate	1.78

Deaths of Colchester Residents of 70 years and over.

70 and under 80	80 and under 90	90 and over	Total over 70
146	93	16	255

The ages of persons of 90 and over were—4 of 90, 2 of 91, 6 of 92, 1 of 93, 1 of 95, 1 of 96, and 1 of 101; ten of these persons were females, and six males.

Garrison and Institutional Populations.

Average Daily Strength of the Garrison	3,637
Officers,	151	Women,	386
Other Ranks,	2,446	Children,	654
Mental Hospitals Population	3,746
Severalls Mental Hospital (Inmates and Resident Staff)	2,460
Royal Eastern Counties Institution and Colchester Branches	1,286

The Military population has decreased since the previous year by 445 and the Mental Hospitals has increased by 73.

The Causes of Death in Infants and Children under 5 years, 1936.

Cause of Death	Under 1 year	1—2 years	2—5 years	TOTALS
Violent Death	1	...	1	2
Measles	...	1	...	1
Whooping Cough	2	2
Meningococcal Meningitis	...	1	...	1
Heart Disease	2	2
Non-Pulmonary Tuberculosis	...	2	...	2
Pneumonia	...	1	1	2
Congenital Debility and Premature Birth	22	22
Cerebral Tumour	1	1
Appendicitis	1	1
Bronchitis	1	1
Other Defined Causes	2	2
Totals...	28	5	6	39

The most noticeable fact about the above statistics is that the Registrar-General for the first time recorded has estimated a fall in the population of Colchester. It is necessary to accept this as being correct, as although the natural increase (that is the number of births being higher than the number of

deaths) has always been a fairly substantial figure and the Mental Hospitals population steadily grows, the one known fall has been a decrease of over 1,000 in the strength of the Garrison, (this "strength" includes men, women and children). This large decrease must be allowed for, and by most elaborate and complicated calculations the Registrar-General has estimated the Colchester population as being 280 persons less in 1936 than in 1935.

At the same time it should be borne in mind that in the years towards the end of an inter-censal period, errors are likely to be greatest, and no really true figure can be obtained until the next census, which is due in 1941.

The Death Rate has increased from 9.0 to 10.2, but even so remains most satisfactorily low. The Birth Rate, after a small rise in 1935, has fallen from 14.5 to 14.1, but it is well to note at the same time that the Infantile Mortality Rate maintains the low figure of 39.0 (38.9 in 1935).

It has become a matter of course that few, if any, deaths occur from Measles, Whooping Cough or Diarrhoea, and 1936 was no exception to this rule, only 3 deaths being ascribed to these diseases.

A new figure is given. This is the total number of deaths from Cancer. This will probably continue to be an increasing figure, as Cancer is a disease of old age, and the population is growing older and living longer, so more persons are likely to die of Cancer.

This fact is also shown in the Cancer Death Rate figure which has increased from 1.59 per 1,000 of the population to 1.78.

One day this Cancer Rate may begin to go in the other direction. Already treatment of early cases is most successful and many complete cures are obtained. It is not unreasonable to compare Cancer with Tuberculosis. For neither is there any specific cure, no serum or vaccine has yet been discovered that is a perfect antidote to the poison of Tuberculosis nor has such an antidote been found for Cancer. Yet by attacking Tuberculosis from every side and in every possible way, the Death Rates from Tuberculosis are steadily falling. It is a matter for great satisfaction, that year by year the Tuberculosis Death Rate falls. Last year in this Report, attention was drawn to the Pulmonary Tuberculosis Death Rate of 0.51 as it was then the lowest ever recorded. This Record has been broken by the remarkably low figure for 1936, the Rate for that year having fallen to 0.37. In the table below, this regular

and steady fall is indicated and very low figures have been reached in the Rates for 1936. By the early diagnosis and treatment of Cancer, a similar improvement may be expected in the Death Rate from Cancer.

Tuberculosis Death Rates per 1,000 of the Population :

	1932	1933	1934	1935	1936
Pulmonary Tuberculosis	0·60	0·57	0·59	0·51	0·37
Other Tuberculosis Diseases	0·14	0·09	0·08	0·08	0·06

The usual Table is given, showing the Causes of Infant Deaths. There is nothing unusual or remarkable about this. The chief cause being Congenital Debility and Premature Birth.

Deaths of Colchester Residents, 1936.

Cause of Death	Males	Females	TOTALS
Enteric Fever
Small-pox
Measles	1	1
Scarlet Fever
Whooping Cough	2	2
Diphtheria
Influenza	2	6	8
Encephalitis Lethargica	1	...	1
Cerebro-spinal Fever	1	...	1
Tuberculosis of Respiratory System	7	12	19
Other Tuberculous Diseases	2	1	3
Cancer, Malignant Disease	44	47	91
Syphilis, &c.	3	...	3
General paralysis of the insane, tabes dorsalis
Diabetes	3	3	6
Cerebral Hæmorrhage, &c.	10	18	28
Heart Disease	70	92	162
Aneurysm	3	...	3
Other Circulatory Diseases	10	11	21
Bronchitis	10	13	23
Pneumonia (all forms)	7	9	16
Other Respiratory Diseases	4	3	7
Ulcer of Stomach or Duodenum... ..	7	3	10
Diarrhœa, &c. (under 2 years)
Appendicitis and Typhlitis	4	2	6
Cirrhosis of Liver...	1	1
Diseases of Liver	2	8	10
Other Digestive Diseases	6	6	12
Acute and Chronic Nephritis	15	9	24
Puerperal Sepsis	1	1
Other Puerperal Causes	2	2
Senility	2	4	6
Congenital Debility and Malformation, Premature Birth	9	13	22
Suicide	6	2	8
Other deaths from Violence	6	6	12
Other Defined Diseases	21	22	43
Causes Ill-defined or Unknown
Totals	255	297	552

There were 57 more deaths in 1936 than in 1935, but most of the figures remain much as usual. There were increases due to Cancer (9) and Heart Diseases (30) and an unexpected rise in the number of deaths due to Diseases of the Liver (7), and to Nephritis (8). Fewer deaths were due to Pulmonary Tuberculosis (7), and to Diabetes (9).

In these days of motoring, it is of interest to analyse the Violent Deaths suffered by Colchester Residents and by strangers in Colchester. The figure 12 given above only refers to Colchester Residents, some of whom died away from the Borough and the above Table makes no mention of Non-Residents dying Violent Deaths in the Borough. It is necessary to compile a fresh Table to show these various points.

VIOLENT DEATHS.

	Motor Accidents	Other Road Deaths	Other Violent Deaths
Colchester Persons dying in Colchester	3	...	5
Colchester Persons dying elsewhere ...	3	...	1
Non-Residents injured in Colchester and dying in Colchester	4
Non-Residents injured elsewhere and dying in Colchester	2	3	8
Totals	8	3	18

The above Table shows that of the 12 Violent Deaths included in the preceding Table, 6 were due to Motor Accidents, 3 in Colchester and 3 elsewhere and that no other fatal Motor Accidents occurred in Colchester, but that two persons who had been fatally injured in Motor Accidents, died in the Borough.

The other Violent Deaths were due to a number of causes, several were due to falls, one to murder, some to accidents, etc.

The high figure for Non-Residents injured elsewhere and dying in Colchester is due to accidents and similar cases being brought from neighbouring districts into the County Hospital.

**Birth Rate, Death Rate, and Analysis of Mortality
during the year 1936.**

	Birth Rate per 1000 Total Population.		Annual Death Rate per 1000 Population.										Rate per 1000 Live Births.	
	Live Births.	Still Births.	All Causes.	Enteric Fever.	Small-pox.	Measles.	Scarlet Fever.	Whooping Cough.	Diphtheria.	Influenza.	Violence.	Diarrhoea and Enteritis under 2 yrs.	Total Deaths under 1 year.	
England and Wales	14.8	0.61	12.1	0.01	0.00	0.07	0.01	0.05	0.07	0.14	0.52	5.9	59	
122 County Boroughs and Great Towns, including London	14.9	0.67	12.3	0.01	0.00	0.09	0.01	0.06	0.08	0.14	0.45	8.2	63	
143 Smaller Towns	15.0	0.64	11.5	0.00	0.00	0.04	0.01	0.04	0.05	0.15	0.39	3.4	55	
London ...	13.6	0.53	12.5	0.01	0.00	0.14	0.01	0.06	0.05	0.14	0.52	14.4	66	
Colchester Borough ...	14.1	0.52	10.2	0.00	0.00	0.02	0.00	0.04	0.00	0.16	0.23	0.00	39	

The Birth Rate for Colchester is slightly below that for England and Wales, but this is the only Colchester rate that compares at all unfavourably with any of the other rates. In fact all the other rates for Colchester are remarkably good, that for deaths from Influenza being much the same as the rates for the other districts, but all the other Colchester Death Rates are well below those of the other districts. The Death Rate from all causes for Colchester was 10.2. This figure is 1.3 less than the average of the 143 smaller towns, of which Colchester is one; it is 2.3 less than London and 1.9 less than the Death Rate for England and Wales.

The last two columns in the Table show most satisfactory figures for the Borough. Deaths of Children under two years of age from Diarrhoea are almost unknown in Colchester, far less than elsewhere, as is shown by the Table, and the Infantile Mortality Rate for Colchester is 16 points lower than the lowest rate of the other districts.

Clinics and Treatment Centres.

Nature of Clinic.	Held at	Days and Hours.	Provided by
Maternity and Child Welfare (3)	1 Health Offices, Trinity Street 2 Methodist School, Wimpole Road 3 Lexden Parish Hall, London Road	Wed., 2—4.30 Mon., 2—4.30 1st and 3rd Mon., 2—4.30	Colchester Borough Council.
Ante-Natal Clinic...	Health Offices	... Mon. & Fri., 2—4.30	..
School Clinic	... Trinity Street	... Minor Ailments, Tues. & Fri., 2—4.30 Eye Clinic, Thurs., 9.30—4.30	..
Orthopaedic Clinic...	Trinity Street	... Once every three months	..
Orthopaedic After- Care Clinic	... Trinity Street	... Wed., 9.30—12	..
Dental Clinic	... Trinity Street	... School Children, daily, 9.30—4.30 except Fri., 2—4.30 Mat. and C.W. Cases, and Sat., 9.30—12 Gas Cases	..
Psychiatric Clinic...	Essex County Hospital	Mon., 2.45—4.30	Essex County Hospital.
Venereal Diseases Clinic	... Essex County Hospital	Mon., Wed. and Fri. afternoons	Essex County Council.
Tuberculosis Dispen- sary	12 Trinity Street	Tues. and Thur., 10.30—12.30	..

Health Officers and Staff.

Several changes took place in the Staff of the Department. Mr. Card, who was the first Assistant Sanitary Inspector, obtained the appointment of Sanitary Inspector to the Urban District Council of Walton & Weybridge, Surrey. Mr. Warner, the second Assistant Inspector was promoted to first Assistant and Mr. R. F. Knowles was appointed to the Inspectorial Staff. The two typists, Miss B. M. Hylton and Miss J. M. Cocker, resigned, and in their places Miss P. C. Waldron and Miss M. Norman were appointed.

Nursing in the Home.

The District Nurses continue to give very valuable assistance by looking after sick children. The number of requests from the Department for children to be nursed was a good deal higher than usual, partly owing to private practitioners requesting the Health Department to send nursing assistance to poor sick children who

were seriously ill. Such requests are never refused and undoubtedly many lives are saved by this service. During 1936 the number of such cases was 24—in 1935 it was 7—the children were suffering from: Pneumonia (16), Whooping Cough (4), Bronchitis (2), Ophthalmia (1) and Dermatitis (1). Three of these children were admitted to Hospital where one of them died and another died at home. Both deaths were due to Pneumonia. All the others made good recoveries.

Midwives.

Midwives practising in the Borough	23
Medical Aid Notices received from Midwives			
(Borough Notices 167, County Notices 30)			197

Occasionally Midwives through no fault of their own lose a case because the patient, after booking the Midwife, goes into the Maternity Home for her confinement. In such cases, if the Midwife has sought the advice and assistance of the Lady Doctor at the Ante-Natal Clinic owing to anxiety on behalf of her patient, the Midwife is compensated by the Borough Authority for the loss of her case. In three instances such compensation was granted during the year.

The Medical Aid Notices in reference to County cases are those sent on behalf of patients sent into the Maternity Home from County Districts. The Medical Aid Fees for these cases are the responsibility of the Essex County Council.

Laboratory Facilities.

Health Offices Laboratory.

Specimens Examined.	Results.		TOTAL.
	Positive or Abnormal.	Negative or Normal.	1936.
Swabs for Diphtheria B. ...	73	651	724
Sputum for Tubercle B. ...	11	86	97
Milk for B. Coli. ...	—	5	5
Smear for Anthrax ...	—	9	9
Urine Examinations (various) ...	38	1,356	1,394
Smears for Gonococci ...	—	4	4
Other Examinations ...	—	5	5
Town Water Supply Analysis	9
Other Water Supply Analysis	13
Total Specimens Examined	2,260

This little Table represents a great amount of work and shows how useful a bacteriological laboratory in a Health Department can be. The routine work consists in the examination of Throat Swabs for Diphtheria, Sputa for Tuberculosis, Urine Examinations and Water Analysis, but in addition milk samples are occasionally tested, doctors ask that pus smears may be examined for Gonococci, the veterinary surgeon brings in a blood smear that he suspects may contain Anthrax, and other examinations are occasionally required.

The great increase in the number of Urine examinations is due to the growing activity of the Ante-Natal Clinic, these examinations being a most important part of the work of this Clinic.

As in previous years the County Medical Officer has supplied a table showing the specimens sent by doctors in the Borough to the County Laboratory for examination.

Specimen.					No. Examined.
Diphtheria	6
Sputa	168
Typhoid	23
Virulence Tests (Diphtheria)	2
Miscellaneous	8
Total ...					207

Maternity and Nursing Homes.

Applications for Registration	—
Number of Homes Registered	3
Orders made Refusing or Cancelling Registration	—
Applications for Exemption from Registration	—

No change has occurred in the number of these homes in the Borough. All were regularly inspected and found to be well conducted. No alterations had taken place and none were required.

MATERNITY AND CHILD WELFARE.

Visits paid to Infants by the Health Nurses during the year.

Under 1 month	1—3 months	3—6 months	6—12 months	1—2 years	2—5 years	Total Visits
716	1,108	1,399	2,059	2,809	5,390	13,481

Register of Foster Mothers and Boarded-Out Children.

Part I Children Act, 1908, as amended by Part V of the Children and Young Persons Act, 1932.

	1935	1936
Children on Register 31st December ..	48	50
Names removed from the Register ...	20	44
Additions during the year ...	24	46
Foster Mothers on Register...	37	38

The number of visits paid by the Health Nurses has increased by over 400. The large increase of recent years in the number of visits paid to toddlers is all in the right direction, as it is only recently that it has been realized that the toddler was being neglected, the gap between Infant Welfare Care and School Children Care being too great. This is a very good indication of the folly of considering children in groups such as Infants, Toddlers, School Children. Some day it is to be hoped that Health Departments, from the highest to the lowest, will have only one group, that of children from birth to 16 years of age and only one department to deal with them.

It is surprising to note the large amount of work that has come about as the result of the regulations concerning Foster Mothers and Boarded-out Children. The number of children on the Register increased by two, but the number of alterations to the Register increased from 44 to 90. It seems to be nobody's responsibility to see how frequently these children are moved about over the country. Frequent moves must seriously interfere with their education and rob them of all the benefits of home life.

Ophthalmia Neonatorum.

One case of this disease was reported. The baby made a good recovery, with no ill effects to its sight.

The Infant Clinics.

	1935	1936
*Number of new babies (363) and toddlers (46) brought to the Clinics : Trinity Street 212 babies, 30 toddlers ; Wimpole Road 101 babies, 8 todd- lers ; Lexden 50 babies, 8 toddlers ...	420	409
Number of Attendances made : Trinity Street 3,671, Wimpole Road 2,317, Lexden 734	7,044	6,722

* Babies are under 1 year old ; Toddlers are 1—5 years old.

The number of toddlers brought to the Clinics is far smaller than the number of infants. This is readily explained by the fact that the excellent custom of weekly baby-weight-records is very popular, and almost every mother anxiously watches her baby's weight card to see how he, or she, is progressing. For toddlers such regular weighing is unnecessary, and such children are only taken to the Clinics for some specific reason or because a Health Nurse has advised the Medical Officer's attention being called to some defect or abnormality.

These Clinics are particularly valuable to toddlers, as it is no uncommon thing for early signs of squint, flat feet, congenital abnormalities, etc., that have for some reason been missed or have not occurred in infancy, to be discovered when the child is two or three years old. At this early age abnormalities and defects can be frequently completely cured.

The attendances at the three Clinics are very much the same as in 1935. Those at Trinity Street have increased by over one hundred, while there has been some falling off at both the Lexden Clinic and the Wimpole Road Clinic. The numbers at Trinity Street are too great, and something should be done to assist the work of this Clinic.

Food distributed at the Infant Clinics.

		Sold at Cost Price.	Given Free.
Dried Milk, lbs.	...	5,233	524
Cod Liver Oil Emulsion, 8oz.	...	1,076	25
Parish's Food, 8oz.	...	161	5
Cod Liver Oil and Malt, lbs.	...	226	34
Virol, 8oz.	...	1,265	1
Ovaltine, tins	...	1,583	1
Lactagol, packets	...	292	1
Feeding Bottles	...	189	—
„ „ Teats 555, Valves 370		925	2
Tooth Brushes	...	165	—

Lactagol is a preparation for Nursing Mothers.

The above quantities are in addition to the large amount of Free Fresh Milk distributed.

There has been an increase in all the articles sold except Virol and Tooth Brushes. The increase in Dried Milk was 321 lbs. At the same time the amounts given free have remained at very much the same level as in 1935.

Milk (Mothers and Children) Order, 1919.

	1934	1935	1936
Number of families supplied with Free			
Fresh Milk... ..	142	139	121
Number of pints supplied to children			11,264
Number of pints supplied to 35			
expectant mothers			1,455
Total number of pints supplied ...	14,818½	16,128	12,719

The better economic condition of many families accounts for the fall in the supply of Free Fresh Milk. Expectant mothers are recommended from the Ante-natal Clinic by Doctors or by the Health Visitors. It is only reluctantly, and when the family income appears to be quite adequate that such recommendations are not complied with.

Ante-natal Clinic.

	1934	1935	1936
Number of times the Clinic was held ...	50	85	99
New Patients (Colchester 184, Other Districts 36)	154	183	220
Number of Attendances (Colchester 1,110, Other Districts 190)	617	1,121	1,300
Average number of cases per Clinic ...	12	13	13
Cases with Abnormal Conditions ...	23	19	41
Cases recommended to seek further Advice	11	26	36
Cases recommended to Institutions ...	12	12	26

This is the first complete year in which two Ante-Natal Clinics have been held each week. The need for this is at once apparent when it is seen that the average number of patients per Clinic has remained at 13 and that the number of Colchester patients has increased from 146 to 184. In short, this Clinic is not only fully justifying its existence, but the figures above show that the public are increasingly appreciating its services.

Maternal deaths continue to be investigated by the Medical Officer of Health and a confidential report is sent to the special committee of the Ministry of Health that is enquiring into Maternal Mortality.

Puerperal Fever and Puerperal Pyrexia.

Borough Cases Notified, 5 ; not notified,—	5
Removed to Isolation Hospital—		
Borough Cases, 4 ; Outside District Cases, 4	8
Deaths in Isolation Hospital: Borough, nil. ; Outside Districts, 1	1
Deaths at home or in other Institutions (Borough)	nil

It is gratifying to report that there appears to be an increasing readiness to send women with a raised temperature after childbirth into the Isolation Hospital. Such patients may rapidly become severe cases of Puerperal Fever, if so, their condition is most dangerous to life. On the other hand if received in the Hospital in the first days of the raised temperature there is a very good chance that prompt treatment will result in complete cure.

The above figures are eloquent of the value of Hospital treatment. One patient remained at home and made a good recovery, 8 were received in the Hospital and of these 7 made good recoveries. Three of the cases were well marked established cases, the other 5 were received early in the attack and remained mild cases. One woman, a severe case from a neighbouring district, died.

Two patients sent in as suffering from Puerperal Fever were more correctly diagnosed as Septic Abortion cases. Both of these were seriously ill, only one recovered after a long illness.

The table of comparison given last year is repeated below.

Maternal Mortality Death Rate.

England and Wales.

	Puerperal Sepsis	Others	Total
Per 1,000 Live Births ..	1.40	2.41	3.81
Per 1,000 Total Births ...	1.34	2.31	3.65

Borough of Colchester.

Per 1,000 Live Births ...	1.39	2.77	4.16
Per 1,000 Total Births ...	1.34	2.68	4.02

The above figures for Colchester are an improvement upon those of previous years.

Orthopædic Clinic.

	1934	1935	1936
Pre-school children brought to the Clinic	21	26	15
Attendances made ...	30	32	22

The 15 pre-school children treated at this Clinic were suffering from the following crippling conditions—

Rickets, Flat Feet, or Bowed Legs	13
Club Foot	2

There has been a sudden and unaccountable fall in the number of little children found to have an orthopædic defect. There were no cases of Congenital Dislocation of the Hips, no crippling due to Infantile Paralysis and only two Congenital Deformities. In fact, had it not been for Rickets, there would have been only 2 cases, those of Club Foot.

Those who have only a superficial knowledge of present conditions are liable to show impatience and to ask why these cases of Rickets continue to occur. Babies and Mothers can and do receive a free supply of milk, cod liver oil, the latest advice at the Clinics or from the Health Nurses, so they say Rickets has no right to occur. Unfortunately the position is not so simple. It is a distressing fact that to-day an apparently healthy baby suckled and cared for by an apparently perfectly healthy mother will show Rickets, and that a healthy baby brought up on the bottle with in addition such extras as cod liver oil, orange juice, etc., will also show Rickets. Some children, not many, are the despair of the Health Nurses, for with them nothing seems to prevent some degree of Rickets such as slight but definite bow legs, or flat feet, or very late eruption of the teeth.

The Infant Welfare Service can claim with great confidence that it has reduced Rickets to a mild and not very important condition, though it cannot yet boast that Rickets is a thing of the past, but the above Table shows a remarkable advance in the prevention of crippling conditions of all sorts in young children.

No pre-school children were found to require Hospital treatment for any crippling condition during the year.

Orthopædic Massage Clinic.

Number of times the Massage Clinic was open	...	50
Attendances of Pre-school Children	...	89
„ „ School Children...	...	219
„ „ Children from County Districts	...	150

The County Council's Masseuse looks after this Clinic, which gives most valuable treatment to both County and Borough cases.

Dental Clinic.

Mr. Godfrey, the School Dental Surgeon, devotes one afternoon a week to patients referred to him from the Maternity and Child Welfare Clinics. The mothers attending the Ante-natal Clinic are beginning to appreciate this service, and the numbers sent for

treatment have increased from 40 in 1935 to 67 in 1936. The benefit to these women is, in many cases, very great, as after extractions they are helped to get a good set of dentures.

	1935	1936
Number of sessions held	43	43
Mothers attending	40	67
Pre-school Children attending	21	22
Attendances (mothers 205, children 52) ...	195	257

Result of Treatment.

Teeth filled (temporary 40, permanent 94)	134
„ extracted (temporary 34, permanent 108)	142
Other operations (Scaling, Dressing, Fitting Dentures, etc.)	230
General Anæsthetics given	25

Patients recommended for extractions under Gas attend the Clinic on Saturday mornings.

MATERNITY HOME.

Work of the Home.

	1935	1936
Admitted : Borough Patients 165, from County Council Area 68, from Suffolk County Area 2, from Maldon and Bournemouth 1 each ...	195	237
Delivered in the Home	194	237
Admitted for Ante-natal Care	9	9
Attended by the Nursing Staff	114	124
„ „ Doctors	80	113
Forms sent for Medical Aid under the Midwives Acts	55	85

This Home was enlarged none too soon, as during 1936 the admissions increased by 42, showing the excellent reputation the Home is winning and how its services are being appreciated both by the patients and by the medical profession in the district. The increase has all occurred in patients who pay the lower fees; the number of those paying the higher fees has fallen slightly.

Fees paid by Borough Patients in the Maternity Home.

	Amount paid per day.											
	3/-	4/-	5/-	6/-	6/6	7/-	7/6	8/6	10/-	11/-	12/-	15/-
No. of Patients 165	11	15	34	25	34	1	22	5	1	1	1	15

No alterations or additions were made to the Home during 1936, but it may soon be advisable to consider improving the kitchen accommodation and at the same time better facilities for sterilizing instruments and dressings, and a larger sluice-room on the first floor would be most useful.

Only one case of Puerperal Pyrexia was notified from the Home during the year. This was a slight case and she was promptly removed to the Isolation Hospital, where she made a good recovery.

Abnormalities.

Abnormal Presentation: Breech 5, Persistent Occipito-				
posterior 7	12
Twins	2
Stillbirths	6
Premature Birth	16
Post-mature Birth	2
Forceps Delivery	35
Eclampsia	1
Induction of Labour	6
Albuminuria	12
Cæsarian Section performed	8
Ante-partum Hæmorrhage	7
Emergency Cases	8
Placenta Prævia	4
Hydrocephalus	1
Hare-lip and Cleft Palate	1

A large percentage of cases were abnormal in one way or another. It has been pointed out in previous Reports that one of the great advantages to the community of a Home of this sort is its ability to deal with abnormal cases. Only two maternal deaths occurred, one from renal asthma and heart failure; the other was an emergency case suffering from pernicious anæmia that died from heart failure. It should be noted that there were eight emergency cases. Such patients are frequently in a grave condition when admitted. Several of the conditions mentioned above may endanger life, and it speaks well for the care and attention that patients receive in the Home that the fatalities were so few.

There were only two baby deaths—one from atelectasis and the other from congenital heart disease. This figure also is very low.

SANITARY CIRCUMSTANCES OF THE AREA.

Water, Drainage, Sewerage and Scavenging.

Water. The consumption of water per head per day remains at about 29 gallons for all purposes. In addition to the Borough of Colchester, the Water Department supplies the London North Eastern Railway and gives a small supply to the neighbouring Rural District of Lexden and Winstree.

The Water is regularly analysed, and as regularly proves to be perfectly free from contamination and fit for all purposes

The service steadily increases, and during 1936 nearly two miles of new mains were laid. The total mileage of service mains is now slightly under 67 miles.

Sewerage. The new Southern Outfall Sewer was nearing completion at the end of 1935. Work continued upon it throughout the year, and already it is proving a valuable addition to the sewerage of the town.

Closet Accommodation and Wells.

Type of Closet.	1934	1935	1936
Privy ...	35	35	35
Pail Closets ...	126	123	123
Cesspools ...	171	132	76
Wells ...	171	171	171

The reduction in the number of cesspools is really greater than appears in the above Table. Actually 75 were abolished and 19 new ones were put in, but 18 of the latter are only to be temporarily used, written undertakings having been given by the owners that directly the new sewer is made available they will connect up their drains and do away with their cesspools. Thus next year the decrease in the number of cesspools will continue. The pail-closets and privies are placed in the more Rural parts of the Borough and so are not so liable to cause trouble as the cesspools.

The Bradford System of refuse disposal continues to be employed with very satisfactory results.

Public Lavatories and Baths.

Two new lavatories were erected during the year. One is at the corner of North Station Road and the Bye-Pass Road. The other

is in Osborne Street. Both offer accommodation to men and women and are good well-planned modern structures.

The baths in Culver Street continue to prove most popular. During the year, 13,218 men and 2,480 women made use of them.

The Bathing Pool on the Bye-Pass Road is always thronged with bathers throughout the summer months. The water is constantly changing, as it is supplied by the river water continuously running through it. As the water enters it is chlorinated, and when tested, the water in the pool has always been found in a high state of purity.

Sanitary Inspection.

General Summary of Work carried out by Sanitary Inspector's Department under Public Health Acts, Housing Acts, Bye-laws, etc.

Complaints received	336
Defects found	25,880
Defects remedied	20,535
Factories and Workshops inspected	22
Informal Notices served	569
Statutory Notices served	106

Housing.

Floors repaired—bedroom 165, others 508	673
Walls, internal, repaired—skirting boards 141, plaster 1,527, match-boarding removed 205, brickwork 630	2,503
„ external, repaired—plaster 97, brickwork 949, weather-boards 2, re-pointed 971, air-bricks put in or repaired 87	2,106
Ceilings—plaster repaired	549
Doors—provided 38, new sills 46, weather-boards 70, repaired 1,401, joints between frames and brickwork renewed 355	1,910
Windows—made to open 230, new or enlarged 72, cords, etc., provided 574, other repairs 2,175, joints between frames and brickwork renewed 536	3,587
Ovens—repaired 138, new provided 74	212
Firegrates—repaired, including hearths, surrounds, firebacks and mantels	430
Stairs—handrails provided 247, repaired 784, balusters repaired or provided 29	1,060

Rooms—cleansed 123, re-decorated 17	140
Roofs—repaired 531, renewed 9	540
Rain-water pipes and gutters—gutters repaired 184, gutter obstructions removed 8, downpipes repaired 147, downpipes lengthened 43, downpipes discon- nected 117, gutters provided 84, downpipes provided 74, water butts abolished 6	663
Chimneys—new 2, repaired 252, pots renewed 73	327
Food cupboards—ventilated 81, repaired 363	444
Wash-houses—rebuilt 5, repaired 338, coppers pro- vided 41, coppers repaired 223, furnaces repaired 44	651
Houses—concrete plinth to walls 60, damp walls remedied 1,802, new damp-proof courses 23	1,885
Yards paved 56, paving repaired 301	357
Sinks—provided or renewed 213; waste pipes—pro- vided 94, repaired 46	353
Sculleries re-built	21
Coal places provided or defects remedied	563

Water Supply.

Water taps—provided 99, repaired 1	100
New services put in	110
Service pipes repaired or renewed	22
Wells and Pumps, cleansed or repaired	1
Defects reported to Water Supply Department	28
Old Wells filled up	—
Samples taken for Analysis	10

Drainage.

Drains provided 27, repaired 12, reconstructed 1, traps or gullies provided or basins, etc., repaired 248, grids to gullies 17, drains ventilated 8, ventilating shafts repaired 14, obstructions re- moved 66, insanitary traps abolished 4, gullies cleansed 3, old drains abolished 6, fresh air inlets provided 5, repaired 5, drains connected to sewer —, intercepting traps provided 3, repaired 3	422
Inspection chambers—provided 9, repaired 11	20

Water-closets—rebuilt 20, lighted 10, provided 9, pans and traps renewed 128, flushing apparatus provided 40, flushing apparatus repaired 81, obstructions removed 12, pans cleansed 7, water supply pipes renewed or repaired 20, other repairs 3,603	3,930
Pail Closets, repairs to	—
„ abolished	—
„ new pails	1
<i>Other Sanitary Work.</i>	
Books disinfected	75
Houses disinfected	168
Articles of clothing disinfected	5,800
Offensive accumulations removed	14
Pig-keeping nuisances abated	2
Other nuisances abated	9
Matters reported to Borough Engineer's Department	35
Ashbins provided	118
Ash-pit abolished	—
Common Lodging House inspections	18
Re-visits in connection with Sanitary Notices—	
P.H. Act, 1,038 ; H. Act, 3,225	4,263
Interviews with Property Owners, Tradesmen, etc.	860
Smoke nuisances abated	4
Urinals reconstructed	—
Rent books put in order	29
<i>Milk and Dairies Order.</i>	
Requirements complied with...	37
Samples for Bacteriological Analysis	5
<i>Offensive Trades Byelaws.</i>	
Requirements complied with...	9
<i>Bye-laws with respect to Tents, Vans, etc.</i>	
Visits made	38
<i>Bye-laws in respect to Houses let in Lodgings.</i>	
Visits made	3
<i>Rats and Mice (Destruction) Act.</i>	
Inspections	217
Advice as to destruction given	35
Letters to Owners or Occupiers of premises	24
Premises freed	19
Complaints received	31
<i>Other Regulations.</i>	
Requirements complied with	9

A glance at the above figures should satisfy the most critical, not only that the Sanitary Inspectors are most valuable servants to the Corporation, but that they do their work with most commendable thoroughness. The figures are so large and so numerous that comment upon all of them individually is not possible. But attention is drawn to one new item in the above lists. The other figures are left to speak for themselves. This new item is—"Rent books put in order, 29." This can hardly be considered the work of a Sanitary Inspector, but the friendly assistance evidently given shows the tactful and helpful spirit in which this work is carried out.

Premises and Occupations controlled by Bye-laws and Regulations. Offensive Trades.

	Number.	Inspections.
Fish Frier	25	28
Gut Scraper	1	4
Tallow Melter	1	1
Rag, Bone and Skin Dealer	6	8
Bone Boiler	1	1
Total	34	42
Horse Slaughterer	1	3

All these premises are inspected from time to time during the year. All were found to be conducted properly and in accordance with the Bye-laws.

Two Fish-frying premises were closed and one new shop was opened. One Rag, Bone and Skin Dealer gave up the trade during the year.

Common Lodging Houses.

63A East Hill.

128 Magdalen Street.

84 Magdalen Street.

16 and 17 Vineyard Street.

Several changes have taken place in connection with the Common Lodging Houses. One house was given up for this purpose and

three new ones were registered. These three had formerly been used as "houses let in lodgings," but it was indicated to the tenants that the premises were being used as Common Lodging Houses and it was agreed that they should be registered under this designation.

Other Sanitary Conditions requiring Notice.

Schools. Greatly improved sanitary accommodation has been installed in several of the schools. Increased attention is being given to the supply of drinking water for the use of the children. A large new Elementary School is being built to the north of the town.

Rag Flock Act 1911 and 1928. There are no Rag Flock premises in the town.

Rats and Mice (Destruction) Act. Rats harbouring in the refuse dumps are kept down by gassing and poison, and very few complaints have been received. In addition, advice has been given to a number of occupiers troubled with rats upon their premises.

Verminous Houses. Bugs are occasionally found during housing inspection, but no part of the town is badly infested. Wherever found, special precautions are taken, walls are stripped, skirting boards removed and floorboards raised and the whole room is sprayed with an insecticide. After this, fumigation with Sulphur Dioxide in strong concentration is carried out.

The number of houses treated in this way in 1936, was 47.

Shops Act, 1934.

Shops inspected	93
„ re-inspected	23
Notices served	16
Defects found	19

Work under this Act has shown that the two chief defects are, absence of suitable sanitary accommodation and a suitable means of maintaining a reasonable temperature.

Some difficulties have arisen as was to be expected when enforcing an Act of this nature, but these have been got over and with reasonable standards, good results are being obtained.

FACTORIES, WORKSHOPS AND WORKPLACES.

1.—Inspection of Factories, Workshops and Workplaces.

Premises (1)	Number of		
	Inspections (2)	Written Notices (3)	Prosecutions (4)
Factories (Including Factory Laundries)	22	2	...
Workshops (Including Workshop Laundries)
Workplaces (Other than Outworkers' premises)
Total	22	2	...

2.—Defects found in Factories, Workshops and Workplaces.

Particulars (1)	Number of Defects			Number of Prosecutions (5)
	Found (2)	Remedied (3)	Referred to H.M. Inspector (4)	
<i>Nuisances under the Public Health Acts* :—</i>				
Want of cleanliness
Want of ventilation
Overcrowding
Want of drainage of floors
Other nuisances... ..	2	7
<i>Sanitary accommodation—</i>				
Insufficient
Unsuitable or defective	3	6
Not separate for sexes
<i>Offences under the Factory and Workshop Acts :—</i>				
Illegal occupation of underground bakehouse (s. 101)
Other offences (Excluding offences relating to outwork and offences under the sections mentioned in the Schedule to the Ministry of Health Factories and Workshops Transfer of Powers Order, 1921).
Total	5	13

* Including those specified in sections 2, 3, 7 and 8 of the Factory and Workshop Act, 1901, as remediable under the Public Health Acts.

Outwork in Unwholesome Premises, Section 108.

Nature of Work. (1)	Instances. (2)	Notices served. (3)	Prosecutions. (4)
Wearing Apparel—Making, &c.
Total

Home Work.

Nature of Work.	Outworkers' Lists. Section 107.						Notices served on Outworkers as to keeping or sending Lists.
	Lists received from Employers twice a year.			Lists received from Employers once a year.			
	Lists.	Outworkers.		Lists.	Outworkers.		
		Contractors.	Workmen.		Contractors.	Workmen.	
	(1)	(2)	(3)	(4)	(5)	(6)	(7)
Wearing Apparel Making, etc...	22	—	235	—	—	—	—
Furniture and Upholstery ..	2	—	2	—	—	—	—
Sack Making ..	—	—	—	—	—	—	—
Paper Receptacle Making ..	2	—	13	—	—	—	—
Total.. ..	26	—	250	—	—	—	—

During the year 25 lists of Outworkers, containing 205 names, were transferred from Colchester to other districts. Two lists were received in Colchester from other districts.

HOUSING.

Statistics for the Year 1936.

Number of New Houses erected during the year :—

(a) Total	347
(i.) By the Local Authority	54
(ii.) By other bodies or persons	293

The total number of houses owned by the Local Authority is now 1,138.

situated as follows :—

North Ward	165	East Ward	534
South „	207	West „	232

I.—Inspection of Dwelling Houses.

Inspection :—

(1) Total number of dwelling-houses inspected for housing defects (under Public Health or Housing Acts)	1,267
and Number of Inspections made	5,530

(2) Number of dwelling-houses (included under Sub-head (1) above) which were inspected and recorded under the Housing Consolidated Regulations, 1925	481
and Number of Inspections made	3,706
(3) Number of dwelling-houses found to be in a state so dangerous or injurious to health as to be unfit for human habitation	67
(4) Number of dwelling-houses (exclusive of those referred to under the preceding sub-head) found not to be in all respects reasonably fit for human habitation	998

II.—*Remedy of Defects without Service of Formal Notices.*

Number of defective dwelling-houses rendered fit in consequence of informal action by the Local Authority or their officers	851
---	-----	-----	-----	-----	-----

III.—*Action under Statutory Powers.*

A. Proceedings under Sections 17, 18 and 23 of the Housing Act, 1930—

(1) Number of dwelling-houses in respect of which notices were served requiring repairs	69
(2) Number of dwelling-houses which were rendered fit after service of formal notices :					
(a) by owners	38
(b) by Local Authority in default of owners					6

B. Proceedings under Public Health Acts—

(1) Number of dwelling-houses in respect of which notices were served requiring defects to be remedied	44
(2) Number of dwelling-houses in which defects were remedied after service of formal notices ;					
(a) by owners	25
(b) by Local Authority in default of owners					4

C. Proceedings under Sections 19 and 21 of the Housing Act, 1930 —

- | | | | |
|---|-----|-----|----|
| (1) Number of dwelling-houses in respect of which Demolition Orders were made | ... | ... | 43 |
| (2) Number of dwelling-houses demolished in pursuance of Demolition Orders | ... | ... | 83 |

D. Proceedings under Section 20 of the Housing Act, 1930 —

- | | | | | | |
|--|-----|-----|-----|-----|---|
| (1) Number of separate tenements or underground rooms in respect of which Closing Orders were made | ... | ... | ... | ... | 1 |
| (2) Number of separate tenements or underground rooms of which Closing Orders were determined, the tenement or room having been rendered fit | ... | ... | ... | ... | — |

The number of houses inspected and the number repaired have increased considerably. A great deal of the time of all the Sanitary Inspectors is taken up by Housing Inspection, as all defects have to be constantly followed up until repairs have been satisfactorily completed.

The number of Demolition Orders made has fallen to less than half the number made in 1935. The work of getting rid of old, insanitary houses will never end, but the five-year plan inaugurated in 1931 has more than justified itself. Then something under 200 houses were scheduled as "unfit, or likely to become unfit, for human habitation." Already over 200 of such houses have been demolished, and now there only remains what may be considered the normal wastage due to age and natural decay. There are no accumulations to wipe off. Work under the 1930 Act will become part of the routine work of the Health Department.

But no sooner had this special housing work ended than its place was taken by new demands requiring the abatement of overcrowding. The Survey of working-class houses in the Borough was carried out in 1936, and when this was completed these houses had to be gone through again and measured, as under the Regulations any landlord could ask the Health Department what number of persons could legitimately be housed in any working-class house that he owned.

Number of houses visited for the Survey	...	10,426
Number of houses found to be overcrowded	...	173
Number of houses subsequently measured	...	6,115

All this entailed a great deal of new work. It was undertaken by a specially appointed staff of seven men, five to do the actual surveying and two to act as clerks. When this had been completed, the two clerks, with the help of the Sanitary Inspectors, continued the accurate measuring of the houses.

The above figures show the very large amount of new work undertaken and completed, and the result should be that gradually all overcrowding in houses will be ended and it will be an offence for any landlord or tenant to allow a house to be occupied by more persons than the number allowed under the Act.

INSPECTION AND SUPERVISION OF FOOD.

Premises					Number	Inspections
Slaughter-houses:—						
Registered	9	}	17	1347
Licensed	8	}		
Bakehouses	34	}	35	40
Underground	1	}		
Dairies and Milk Shops		88	133
Cowsheds		51	68
Ice Cream		111	32

The only large increase in the number of these premises is among those that deal in Ice Cream. These have increased by 22. The enlarged Inspectorial Staff has enabled many more visits to be paid to Slaughter-houses, an increase of inspections from 805 in 1935 to 1347 in 1936 being recorded. These visits are very necessary, as the majority of them are for the purpose of meat inspection.

Under the Milk and Dairies Order, 1926, special attention has been paid to Retail Purveyors of Milk, and suitable sterilizing apparatus has been installed by almost every one of them.

Five samples of milk were taken and examined for bacterial purity, in addition to the samples taken by the County Council Inspectors.

Milk.

Milk (Special Designations) Order, 1923.

Licences issued for sale of Graded Milk, 1936.

Certified Milk	5
Grade "A" (Tuberculin Tested) Milk	1
Grade "A" Milk	—
Pasteurised Milk...	17

No licences were refused or revoked during the year.

Meat.*Carcasses Examined by the Meat Inspectors.*

Cattle.	Swine.	Sheep.		Total.
1,634	4,636	3,495	...	9,756

Whole Carcasses found Unfit and Destroyed.

5 Oxen	19 Pigs	2 Sheep
--------	---------	---------

These Carcasses were condemned for such conditions as Generalized Tuberculosis; Dropsy; Immaturity.

Parts of Carcasses found Unfit and Destroyed.

<i>Cattle—</i>			<i>Pigs—</i>		
		lbs.			lbs.
Livers	441	Heads and Tongues	2,126
Heads and Tongues...	...	1,300	Mesenteries	202
Mesenteries	39	Plucks	355
Lungs	156	Lungs	20
Plucks	8	Livers	66
Kidneys	8	Kidneys	—
Beef	889	Spleens	1
Other parts	43	Other parts	249
		<hr/> 2,884			<hr/> 3,019

Miscellaneous—

Mutton	39 lbs.
Fish	118 lbs.
2 Boxes of Pears	288 lbs.
1 Tin Cooked Ham	16 lbs.
10 Turkeys	87 lbs.
Sheep's Liver	3 lbs.
Sheep's Plucks	20 lbs.

Total Weight of Food Condemned and Destroyed;
5 tons, 11 cwts., 3 qtrs., 12 lbs.

During the year 220 visits and inspections were made to places where food was stored or prepared.

Food and Drugs (Adulteration) Act, 1928.

Result of Analysis of Samples taken under the Food and Drugs Act.

(Examined in the Public Health Laboratory to 30/6/36).

Samples.	Number of Samples.	Adulterated.	Nature of Adulteration.
New Milk ...	27	15	(a) Fat deficient = 16.6%
Rice ...	1		(a) " " = 16.6%
White Pepper ...	1		(a) " " = 3.3%
Coffee ...	1		(a) " " = 16.6%
Black Currant Jam ...	1		(c) " " = 26.6%
Sweets ...	1		(c) " " = 16.6%
Marmalade ...	1		(c) " " = 16.6%
Tea ...	2		(c) " " = 16.6%
Brandy ...	1		(c) " " = 6.6%
Corn Flour ...	1		(a) " " = 6.6%
Bread ...	1		(b) " " = 10.0%
Flour ...	1		(c) " " = 6.6%
Potted Meat ...	1		(c) " " = 6.6%
Bacon ...	1		(a) " " = 10.0%
Meat Pies ...	1		(b) " " = 20.0%
Olive Oil ...	3		
Aspirin Tablets ...	1		(a) Original Samples.
Sago ...	1		(b) Course of Delivery Samples.
Arrowroot ...	1		(c) "Appeal to the Cow" Samples.
Oatmeal ...	1		
	49	15	

(Examined by Messrs. Muter & Hackman, London to 31/12/36).

Samples.	Number of Samples.	Adulterated.	Nature of Adulteration.
New Milk ...	20		
Pork Pie ...	1		
Stout ...	1		
Gin ...	1		
Condensed Milk ...	1		
Lard ...	6		
Butter ...	12		
Ice Cream ...	1		
Rum ...	1		
Glycerine ...	1		
Cheese ...	1		
Chitterlings ...	2	2	An Informal Sample of Chitterlings was found to contain Boron preservative, equivalent to 4.7 grains crystallised Boric Acid per lb. A Formal Sample of Chitterlings showed 2.8 grains crystallised Boric Acid per lb.
Sausages ...	1		
Bread ...	1		
Bacon ...	1		
Lemon Curd ...	1		
Tinned Peas ...	1		
Honey ...	1		
Meat Paste ...	1		
Tinned Grape Fruit ...	1		
Dried Apricots ...	1		
	57	2	

During the year a change was made in the appointment of Public Analyst. After the survey of the whole of the Public Health Services by a Medical Officer of the Ministry of Health it was realised that the work of the Health Department had increased to such an extent that the arrangement by which the Medical Officer of Health was also the Public Analyst could not be satisfactorily continued. The Medical Officer of Health was allowed to give up this work, which was occupying time that should have been otherwise employed, and Mr. C. Hackman of the firm of Messrs. Muter & Hackman, London, was appointed Public Analyst in his place, from 1st July, 1936.

A number of samples of Milk were found to be below the standard. In every case the vendor was warned. No proceedings were taken.

In only two instances was adulteration found in other samples analysed. Both were samples of Chitterlings from the same premises. The vendor was prosecuted and fined £10 with 10/- costs.

PREVALENCE OF, AND CONTROL OVER, INFECTIOUS AND OTHER DISEASES.

Notifiable Diseases (other than Tuberculosis) during the Year 1936.

(Civilian and Military Cases.)

Disease	Total Cases Notified	Total Cases in Age Groups											Cases admitted to Hospital	
		Under 1 Year	1	2	3	4	5-9	10-14	15-19	20-34	35-44	45-64		65 and over
Small Pox
Scarlet Fever	50	1	1	5	21	7	5	9	...	1	...	50
Diphtheria	48	...	1	1	4	...	12	7	5	15	1	2	...	44
Enteric Fever (including Paratyphoid)	4	1	1	...	1	1	3
Puerperal Fever...	4	4	3
Puerperal Pyrexia	1	1	1
Pneumonia	80	4	5	4	2	5	3	8	3	17	5	14	10	...

Other Diseases Generally Notifiable.

Malaria	...	2	2
Erysipelas	...	19	2	3	1	5	5	3	1
Encephalitis	}
Lethargica															
Ophthalmia	}	1	1
Neonatorum															
Acute Anterior	}	4	1	...	2	1	1
Poliomyelitis															
Cerebro-Spinal	}	1	1
Meningitis															
Dysentery	...	1	1

Other Diseases Notifiable Locally.

Measles	...	54	7	14	10	10	13	3
Whooping Cough	182	28	36	32	33	53	6

Deaths due to an Infectious Disease, 1936.

(Civilian and Military.)

Disease	Total Deaths	Age at Death											
		Under 1 Year	1	2	3	4	5-9	10-14	15-19	20-34	35-44	45-64	65 and over
Whooping Cough	2	2
Measles	1	...	1
Pneumonia	53	...	1	...	1	1	4	3	3	3	6	13	18
Acute Anterior	}	1	1
Poliomyelitis													
Erysipelas	1	1
Enteric Fever	1	1
Encephalitis	}	1	1
Lethargica													
Cerebro-Spinal Fever	1	...	1

When considered as a whole the above figures only differ materially in one or two places from the figures of the previous year.

The number of cases of Scarlet Fever that were notified is nearly two-thirds smaller than in 1935—50 against 133. The figure for Erysipelas is nearly halved, 19 against 36. On the other hand Whooping Cough cases notified increased from 34 to 182, whereas notified Measles cases remained at only just over 50. It

should be remembered that under the Colchester Regulations only the first case of Measles or Whooping Cough under 5 years of age in a house is notifiable. Thus the actual numbers of cases of both Whooping Cough and Measles were a good deal higher.

The Table of Deaths due to an Infectious Disease brings out two important points. The first is the very few deaths due to either Measles or Whooping Cough. The second is the high mortality of Pneumonia.

Isolation Hospital.

Cases admitted to the Isolation Hospital, 1936.

Authority sending in cases	Scarlet Fever	Deaths	Diphtheria	Deaths	Typhoid Fever	Deaths	Other Diseases	Deaths	Total	Deaths
Colchester Borough	34	...	29	...	2	...	27	2	92	2
Essex County Hospital	7	...	1	...	1	...	5	...	14	...
Mental Institutions	1	...	9	1	...	11	...
War Department ...	8	...	5	14	2	27	2
Frinton and Walton U.D.	3	3	...
Sudbury Borough...	1	...	1	...
Tendring R.D. ...	20	1	1	2	...	23	1
Lexden and Winstree R.D.	17	...	12	1	1	...	4	...	34	1
Melford R.D. ...	5	5	...
Essex County Council	1	60	7	61	7
West Mersea U.D.	7	2	...	9	...
Clacton U.D.	2	...	2	...
Private Cases	1	...	1	...
Total Cases	95	...	65	...	4	...	119	...	283	...
Deaths	...	1	...	1	11	...	13

In the above table the 119 "Other Diseases" may be classified as follows:—

Pulmonary Tuberculosis	56	Urticaria	...	1
Puerperal Fever	8	Whooping Cough	...	6
Tonsillitis	7	Whooping Cough & Pneu-		
Diphtheria Carriers	11	monia	...	2
Heart Disease	1	Post Influenzal Encephalitis		1
Injuries	1	Mumps	...	1
Acute Anterior Poliomyelitis	1	Septic Abortion	...	2
Measles and Pneumonia	3	Erysipelas	...	3
Measles	5	German Measles	...	4
Laryngitis	1	Embolism of Leg	..	1
Facial Paralysis...	1	Suspected Scarlet Fever	...	1
Quinsies	1	Pneumonia	...	1

The 11 deaths among these were due to Tuberculosis (6), Puerperal Fever (1), Post Influenzal Encephalitis (1), Whooping Cough (1), Measles and Broncho-Pneumonia (1), and Septic Abortion (1).

This hospital was unusually quiet throughout the year, the total number of cases admitted falling from 407 in 1935 to 283. Nearly half of these were not the ordinary cases admitted to an Isolation Hospital, but were extra cases such as patients suffering from Tuberculosis or some condition for which Isolation Hospital treatment was desirable as the list below the Table shows.

It will be seen that 6 deaths occurred from Tuberculosis. The reason for this is the fact that throughout the year from 8 to 10 beds in a special ward are set aside for advanced or chronic cases of Pulmonary Tuberculosis. Little more than attention to their creature comforts and alleviating their more distressing symptoms can be done for many of them, but they welcome the attention they receive in the Institution, as a bed-ridden, possibly infectious patient in a small house needs attention and care that cannot be provided at home and is a source of danger to the other inmates.

Further consideration was given to the need for replacing by modern permanent buildings the temporary War Pavilions now used for Scarlet Fever patients. Plans have been prepared, and during the current year definite steps should be taken to carry out this necessary replacement.

Scarlet Fever.

BOROUGH CASES—

Notified, 50; not notified, nil...	50
Nursed at home or in other institutions	nil
Removed to the Isolation Hospital	50
Return Cases	2=4·0%
Deaths at home or in other institutions	nil
„ in the Isolation Hospital	nil

CASES FROM OUTSIDE DISTRICTS—

Admitted to the Isolation Hospital	45
Deaths in the Isolation Hospital	1
TOTAL CASES ADMITTED TO THE ISOLATION HOSPITAL	95
TOTAL DEATHS IN THE ISOLATION HOSPITAL	1

The Borough cases of Scarlet Fever were distributed in the Wards, Garrison and Institutions, as follows :—

North Ward	South Ward	East Ward	West Ward	Garrison	Institutions	Total
13	8	7	6	8	8	= 50

Scarlet Fever was of little or no importance during the year. A delicate child admitted from a County District died after only four days in the Hospital. This was the only seriously ill case, though a few of the others had sharp attacks. The Return Case rate is low.

Six patients were sent to the Hospital with Scarlet Fever from the Essex County Hospital. These cases were complicated by the diseases or conditions for which they had been admitted to the General Hospital. These complications were—Recent Operation for Appendicitis (2), Pneumonia, Empyema and Mastoid Disease (1), Recent Operation for Hernia (1), Cellulitis of Neck (1), Tonsillectomy (1)-

In one child Whooping Cough that had been contracted before admission developed soon after admission.

The diagnosis was changed in three cases sent in as Scarlet Fever to Tonsillitis (1), Urticaria (1), No apparent illness (1). These three cases all had doubtful rashes that were suspiciously like a scarlet fever rash.

Diphtheria.

BOROUGH CASES—

Notified, 48; not notified, nil	48
Nursed at home or in other institutions	4
Removed to the Isolation Hospital	44
Deaths at home or in other institutions	nil
„ in the Isolation Hospital	nil

CASES FROM OUTSIDE DISTRICTS—

Admitted to the Isolation Hospital	21
Deaths in the Isolation Hospital	1
TOTAL CASES ADMITTED TO THE ISOLATION HOSPITAL	65
TOTAL DEATHS IN THE ISOLATION HOSPITAL	1 = 1.5%

The Borough cases occurred in the Wards and Institutions as follows :—

North Ward.	South Ward.	East Ward.	West Ward.	Garrison.	Institutions.	Total
2	3	4	19	6	14	= 48

There was a small increase (13) in the number of cases of this disease. This was due to a small outbreak in Lexden in September, when 14 cases were notified. There were also three other cases nursed in Severalls Mental Hospital and one in the Military Hospital. Four of the cases were of the Laryngeal type but none required tracheotomy.

A Nurse from Severalls Hospital had a very persistent Diphtheria infection of the ear. One of the Isolation Hospital Nurses contracted Diphtheria. Whooping Cough, that had been contracted before admission, developed in one patient.

Some severe cases were admitted from neighbouring districts. A late case very seriously ill died after ten days in hospital. A family of five and one additional case, all late cases and all seriously ill, were admitted from the same village. Two of them were hæmorrhagic and there was little hope of saving their lives. Intravenous glucose and intravenous antitoxin were tried with most gratifying results. Convalescence was prolonged owing to somewhat severe paralysis, but eventually all six cases returned home completely cured. One of these cases also developed Whooping Cough while in the hospital.

Eight carriers of infection who themselves had not the disease were admitted in the Lexden outbreak. All were soon freed from the infection. Three carriers were admitted from neighbouring districts. Of six patients sent in as probably suffering from Diphtheria, five were found to have simple Tonsillitis and one, Quinsy.

Enteric Fever.

BOROUGH CASES—

Notified, 4; not notified, 1	5
Nursed at home or in other institutions	2
Removed to the Isolation Hospital	3
Deaths at home or in other institutions	1
„ in the Isolation Hospital	nil

CASES FROM OUTSIDE DISTRICTS—

Admitted to the Isolation Hospital	1
Deaths in the Isolation Hospital	nil
TOTAL CASES ADMITTED TO THE ISOLATION HOSPITAL	4
TOTAL DEATHS IN THE ISOLATION HOSPITAL	nil

A case of Enteric Fever was only diagnosed after death in Severalls Mental Hospital. All the four patients removed to the Isolation Hospital were suffering from Paratyphoid B, whereas the child that was nursed at home had true Typhoid Fever. No deaths from this disease occurred in the Isolation Hospital.

A patient sent in as a case of Typhoid Fever was found to be seriously ill from Post-influenzal Encephalitis. She died after six days in hospital.

Pneumonia.

TOTAL BOROUGH CASES—

Cases notified, 80 ; not notified, 30	110
NUMBER OF CASES OCCURRING IN GARRISON OR INSTITUTIONS			61
TOTAL NUMBER OF DEATHS	53

These 110 cases were distributed in the Wards and Institutions in the Borough as follows :

North Ward.	South Ward.	East Ward.	West Ward.	Institutions.	Garrison.
8	16	14	11	60	1

The above figures are very similar to those of previous years. One case was admitted to the Isolation Hospital, as there was not a bed available in the General Hospital. She made a good recovery.

Cerebro-spinal Fever.

BOROUGH CASES—

Cases notified, 1 ; not notified, 1	2
Cases occurring in the Garrison	nil
Removed to the Isolation Hospital	nil
Nursed at home or in other Institutions	2
Number of Deaths	1

CASES FROM OUTSIDE DISTRICTS—

Admitted to the Isolation Hospital	nil
Deaths in the Isolation Hospital	nil
TOTAL CASES ADMITTED TO THE ISOLATION HOSPITAL	nil
TOTAL DEATHS IN THE ISOLATION HOSPITAL	nil

No patients suffering from Cerebro-spinal Fever were admitted to the Isolation Hospital. A case nursed in the Essex County Hospital made a good recovery. The other was a severe case that died at home.

Encephalitis Lethargica and Acute Anterior Poliomyelitis.

A patient with Sleepy Sickness died unnotified in Severalls Mental Hospital.

A girl with Acute Infantile Paralysis was admitted to the Isolation Hospital. She was left with some partial paralysis when the acute disease was over. This is now receiving care and treatment in the massage and after-treatment Clinic. Two cases of this disease were notified from the Military Hospital and one from the Essex County Hospital. Another case died unnotified in the General Hospital.

Erysipelas, Malaria, Dysentery.

Erysipelas—

BOROUGH CASES—

Cases notified, 19; not notified, nil	19
Removed to the Isolation Hospital	1
Number of Deaths	1

CASES FROM OUTSIDE DISTRICTS—

Admitted to the Isolation Hospital	2
Deaths in the Isolation Hospital	nil

TOTAL CASES ADMITTED TO THE ISOLATION HOSPITAL 3

TOTAL DEATHS IN THE ISOLATION HOSPITAL ... nil

Eight of the 19 cases occurred in Institutions.

Only about half as many cases of Erysipelas were notified as in 1935. Three cases were admitted to the Isolation Hospital, two from adjoining districts, all of them made good recoveries. One case died in the Borough, an inmate of the Royal Eastern Counties' Institution.

Two cases of *Malaria* were notified from the Garrison. Both had contracted the disease abroad.

A case of *Dysentery* was notified from the Royal Eastern Counties' Institution.

Measles and Whooping Cough.

The number of cases of *Measles* notified (54) in 1936 was one more than in 1935. The cases chiefly occurred in the Spring, and an epidemic was expected but for some unaccountable reason it failed to develop. Six cases with complications were removed to the Isolation Hospital. Three with Broncho-Pneumonia were sent

in from military quarters. One of these died. The three others were from the General Hospital, one in addition had Mastoid Disease, another suffered from chronic Osteomyelitis and the third had a fractured and lacerated finger. Two patients with Measles were admitted from neighbouring districts. All of these recovered.

Notifications of Whooping Cough increased from 34 in 1935 to 182 in 1936. The disease was never epidemic, the cases occurring steadily throughout the year. Eight cases were admitted to the Isolation Hospital. One, a baby of two months old sent in from Military Quarters, died. Three more cases were received from the Garrison, one from the Essex County Hospital and three from private houses. Two cases were complicated by Pneumonia, all these made good recoveries.

It is well to remember that the actual numbers of cases of both Measles and Whooping Cough are a good deal higher than the number notified. Under the special Colchester Regulations only the first case in a house under five years of age is notifiable. This refers to both these diseases, and in practice this limitation of the number of notifications is found to be most useful. It is children under 5 who need particular care in both these diseases, and if the visits of the Health Nurses are not considered sufficient the District Nursing Association is asked to send a Nurse under the agreement that the Council has with this Association.

It must not be thought that the Health Department takes no notice, and has no interest in children with either of these diseases who are over 5 years of age. The Head Teachers of the schools give most valuable assistance by sending information to the Health Offices of any children they have reason to believe are suffering from an infectious disease. Thus there is, as it were, a double check upon houses where cases of Measles or Whooping Cough may be occurring. If a doctor is called in he will notify any children with either of these diseases under 5 years old. If any of the older children are away from school with either disease, the Head Teacher will hear of it and send information accordingly.

Miscellaneous Cases admitted to the Hospital.

Two of the Nurses were warded during the year, one with Laryngitis, the other with injuries due to a fall. A Nurse who had been one of the Borough Health Visitors but retired owing to heart disease, was admitted for a few weeks' complete rest and care.

Three Officer-Cadets from the Garrison and a Nurse from the Essex County Hospital were admitted with German Measles.

A boy from the High School was admitted suffering from Mumps.

A case sent in suspected of having Diphtheria was found to have Facial Paralysis and transferred to the General Hospital.

A case sent in from a County District as Erysipelas was found to be suffering from Phlebitis.

Tuberculosis.

Age Periods	New Cases				Deaths			
	Pulmonary		Non-Pulmonary		Pulmonary		Non-Pulmonary	
	M.	F.	M.	F.	M.	F.	M.	F.
Under 1
1	1	1	1	1
2-4
5-9	2	5	1	...
10-14	3	1	1
15-19	1	...	1
20-24	...	4	1	5
25-34	...	3	5	...	1	3
35-44	...	4	2	...	1	2
45-54	3	...	2
55-64	...	4	2	...	1
65 and upwards...	2	...	1	1
Totals	...	15	21	6	12	7	12	2

There were 19 deaths from Pulmonary Tuberculosis, and 3 from other forms of the disease, or 22 deaths from Tuberculosis of all forms.

Three persons died from Tuberculosis who had not been previously notified.

The percentages of cases that have died of Tuberculosis during the past five years, without having been previously notified, were—

1932	1933	1934	1935	1936
5%	11%	17%	20%	5.5%

A curious change occurred in the figures of the numbers of new cases of Tuberculosis notified during 1936. The male pulmonary cases fell from 25 to 15, and the female pulmonary cases remained at 21. The male non-pulmonary cases remained at 6, while the

female non-pulmonary cases rose from 4 to 12. No significance can be attached to these figures, as big variations are likely to occur in a small community. The increase in non-pulmonary female cases was due to mild gland cases.

It is gratifying to note that the large percentage of cases of Tuberculosis that died without having been previously notified has again fallen considerably. Here again these figures are of little significance in a small population.

The Tuberculosis Register is a much truer index to the position in the Borough, and it should not be forgotten that twenty years ago the incidence of Typhoid Fever and Infantile Diarrhoea was considered an indication of the sufficiency or otherwise of the Public Health activities of a district. To-day Typhoid Fever is a rare disease and Epidemic Diarrhoea a thing of the past. The steady decline of Pulmonary Tuberculosis may be taken as the modern index of a Public Health Authority's activities. Colchester can show a remarkable and steady decline from 218 cases on the register in 1931 to 156 cases in 1936.

Tuberculosis Register.

		1932	1933	1934	1935	1936
Pulmonary Cases	...	211	187	178	166	156
Other Forms of Tuberculosis		80	73	70	60	67

Public Health (Prevention of Tuberculosis) Regulations, 1925.

Public Health Act, 1925, Section 62.

No action was found necessary under either of the above powers.

Treatment of Blind Persons.

Public Health Act, 1925, Section 66.

Any persons that should be dealt with under this section are referred to the County Council Ophthalmic Consultant, who attends a Clinic about once a month in Colchester.

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HEALTH OFFICES,

TRINITY STREET.